

Head injury advice for adult patients on blood thinning medication

An information guide



Head injury advice for adult patients on blood thinning medication

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E) .

You have been assessed by a doctor or clinician after you banged your head.

Because you take blood thinning medication you will have had a CT scan (brain scan) which we have reviewed and is normal.

We are now happy and feel it is ok for you to leave hospital.

It is now unlikely that any significant problems will develop, but because you have slightly thinner blood than normal, you have a higher chance of developing problems than someone with normal blood.

It is important to look out for the following symptoms and if you are affected by any of these please return to A&E, get someone to bring you to A&E or call 999.

Symptoms to look out for:

- Unconsciousness or lack of full consciousness (for example, problems keeping eyes open).
- Any confusion (not knowing where you are, getting things muddled).
- Any drowsiness (feeling sleepy) that goes on longer than 1 hour when you would normally be wide awake.
- Any problems understanding or speaking.
- Any loss of balance or problems walking.
- Any weakness in one or more arms or legs.
- Any problems with your eyesight.
- Very painful headache that won't go away.
- Any vomiting – getting sick.
- Any fits or collapsing or passing out suddenly.
- Clear fluid coming out of your ear or nose.
- Bleeding from one or both ears.
- New deafness in one or both ears.

As someone who has thinner blood, there is a small increased risk of further problems, this can last for a couple of weeks after you suffered the actual head injury.

Symptoms NOT to worry about

It is common for some people to experience the following symptoms:

- Mild headache.
- Feeling sick (without vomiting).
- Dizziness.
- Change in mood or behavior.
- Irritability or bad temper.
- Problems concentrating or with your memory.
- Tiredness and problems sleeping.
- Lack of appetite.

These symptoms are **NOT** a sign of anything dangerous and should disappear within the next two weeks.

If these problems do not go away after 2 weeks you should arrange to see your GP.

DO's and DON'T's

- **DO** make sure you stay within easy reach of a telephone and medical help.
- **DO** have plenty of rest and avoid stressful situations.
- **DO** drink plenty of fluids.
- **DO NOT** stay at home alone for the first 48 hours after leaving hospital.
- **DO NOT** take any alcohol or drugs.
- **DO NOT** take sleeping pills, sedatives or tranquillizers unless they are fully prescribed by a doctor.
- **DO NOT** play contact sports (for example football or rugby) for at least 3 weeks or longer if you still have symptoms.
- **DO NOT** return to normal work, school or college, or normal activities until you feel fully recovered.
- **DO NOT** drive a car, motorbike, bicycle or operate any machinery unless you feel you have recovered completely.

Notes:

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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